

I claim:

- 1 1. A flavored capsule suitable for encapsulating a dose of fish oil comprising:
  - 2 a) a forming agent chosen from the group consisting of gelatin and vegetable starch;
  - 3 b) a capsule softener;
  - 4 c) water; and
  - 5 d) a water soluble flavoring, wherein said capsule softener is present in a
  - 6 concentration in the range of about 10% to about 35%, water is present in the
  - 7 range of about 6% to about 10%, and the water soluble flavoring is present in a
  - 8 quantity which improves the taste of the capsule.
- 1 2. The flavored capsule of claim 1, wherein the forming agent comprises gelatin and the
- 2 capsule softener comprises a polyol.
- 1 3. The flavored capsule of claim 1, wherein the forming agent comprises a vegetable starch
- 2 and the capsule softener comprises a polyol.
- 1 4. The flavored capsule of claim 2, wherein the polyol comprises sorbitol or glycerol.
- 1 5. The flavored capsule of claim 3, wherein the polyol comprises sorbitol or glycerol.
- 1 6. The flavored capsule of claim 2, further comprising a dose of fish oil encapsulated therein,
- 2 whereby the water-soluble flavoring promotes the ingestion of the fish oil dose.
- 1 7. The flavored capsule of claim 3, further comprising a dose of fish oil encapsulated therein,
- 2 whereby the water-soluble flavoring promotes the ingestion of the fish oil dose.
- 1 8. The flavored capsule of claim 6, further comprising an oil soluble flavoring in the fish oil
- 2 dose.

- 1 9. The flavored capsule of claim 7, further comprising an oil soluble flavoring in the fish oil  
2 dose.
- 1 10. A fish oil capsule for palatable presentation of fish oil comprising:  
2 a) an external capsule, said external capsule comprising a forming agent, a capsule  
3 softener, water, and a water soluble flavoring, wherein said forming agent is  
4 chosen from the group consisting of gelatin and vegetable starch, said capsule  
5 softener is present in a concentration in the range of about 10% to about 35%,  
6 water is present in a concentration between about 6% and about 10%, and the  
7 water soluble flavoring is present in a quantity which improves the taste of the  
8 capsule; and  
9 b) a fish oil dose, said external capsule encapsulating said fish oil dose.
- 1 11. The fish oil capsule of claim 10 wherein the capsule softener comprises a polyol.
- 1 12. The fish oil capsule of claim 11 wherein the polyol comprises glycerol or sorbitol.
- 1 13. The fish oil of claim 10 wherein the fish oil dose further comprises an oil soluble flavoring  
2 dissolved therein.